

# Scientastic!

## GET YOUR FACTS STRAIGHT! HOW MUCH DO YOU KNOW ABOUT SLEEP?

Name \_\_\_\_\_

Date \_\_\_\_\_

Please indicate your thoughts about the following sleep questions by circling True or False below.

- |   |      |       |
|---|------|-------|
| 1. Biological clocks are real and everyone has one.   | True | False |
| 2. Drinking coffee or energy drinks is a way that a person can cure their drowsiness.                             | True | False |
| 3. You can still be considered a safe driver if you are feeling tired or drowsy.                                  | True | False |
| 4. Almost everyone in the American population is getting the amount of sleep they need.                           | True | False |
| 5. When you are sleepy it is more difficult for you to focus and think clearly.                                   | True | False |
| 6. Most adolescents only need about 6 hours of sleep to function at their highest ability.                        | True | False |
| 7. Driving can make you feel sleepy.  | True | False |
| 8. Sleep is when your brain and your body take a break and regain energy lost throughout the day.                 | True | False |
| 9. Changing your sleep schedules will not have a major effect on your body because it is able to respond quickly. | True | False |